## **CLAIMS**

1. A personal security and tracking system comprising:

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a portable signaling unit including a GPS receiver for determining a location of the portable signaling unit, and a cellular telephone antenna adapted to transmit a cellular digital packet data (CDPD) signal;

a central dispatch station located remote from the portable signaling unit and adapted to transmit a control signal; and

a cellular telephone system adapted to receive the CDPD signal from the portable signal unit and re-transmit the CDPD signal to the central dispatch station, and to receive the control signal from the central dispatch station and re-transmit the control signal to the portable signaling unit, thereby providing two-way digital communication between the portable signaling unit and the central dispatch station;

wherein the CDPD signal includes GPS data corresponding to the location of the portable signaling unit.

2. A method of locating a portable signaling unit comprising:

receiving, with a GPS receiver coupled to the portable signaling unit, a GPS signal including position information for the portable signaling unit;

transmitting a cellular digital packet data (CDPD) signal that includes the position information from the portable signaling unit;

receiving the CDPD signal with a cellular telephone system; re-transmitting the CDPD signal from the cellular telephone system; receiving the CDPD signal at a central dispatch station; and

determining, with a computer at the central dispatch station, a location of the portable signaling unit based at least in part on the position information received in the CDPD signal.